

Directory of North Dakota Tobacco Cessation Programs



NORTH DAKOTA
DEPARTMENT *of* HEALTH



DIVISION *of* TOBACCO
PREVENTION & CONTROL

Directory of North Dakota Tobacco Cessation Programs



North Dakota Department of Health

**Terry Dwelle, M.D., M.P.H.T.M.
State Health Officer**

**Kathleen Mangskau, R.D.H., M.P.A.
Director
Division of Tobacco Prevention and Control**

Directory of North Dakota Tobacco Cessation Programs (Updated 5-12-06)

Adams

Program Name: Southwest District Health Individual Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson, Jennifer Schaeffer or Vicki Nelson
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Eight weeks
Additional Info:

Program Name: Freedom From Smoking ® – American Lung Association
Location: West River Regional Medical Center
Address: 1000 Hwy. 12
Hettinger, N.D. 58639
Contact: Dave Muggerud
Phone: 701.567.4561
Type of Program: Group or individual counseling and support group
Program Duration: Eight weeks for group counseling
Additional Info: Third Monday of each month for support group

Barnes

Program Name: Freedom From Smoking® – American Lung Association-Barnes County
Location: City-County Health and Home Care office
Address: 230 - Fourth St. N.W., Room 102
Valley City, N.D. 58072
Contact: Angie Martin or Vicki Voldal Rosenau
Phone: 701.845.8518
E-mail: bctprev@daktel.com
Type: Group classes/counseling
Program Duration: Eight weeks
Additional Info:

Program Name: Tobacco Awareness Program (TAP) – teen cessation
Location: Valley City Jr./Sr. High
Address: 460 N. Central Ave.
Valley City, N.D. 58072
Contact: Eydie Wagar or Deb Egge
Phone: 701.845.0483 Ext. 107
E-mail: Edith.Wagar@sendit.nodak.edu
Type: Group classes/counseling
Program Duration: Eight weekly sessions
Additional Info:

Benson

Program Name: You Can Quit™ – American Cancer Society; Freedom From Smoking® – American Lung Association
Location: Mercy Hospital Family Conference Room
Address: 1031 Seventh St.
Devils Lake, N.D. 58301
Contact: C.A.R.E. Medical
Phone: 701.662.5056 or 800.522.5056
Type of Program: Group counseling
Program Duration: You Can Quit – American Cancer Society – four weeks
Freedom From Smoking® – American Lung Association – eight weeks
Additional Info: These classes are made available as needed.

Program Name: Tobacco Awareness Program (TAP) – teen cessation
Location: Devils Lake High School
Address: Devils Lake, N.D. 58301
Contact: Bette Deede or Linda Warner, R.N.
Phone: 701.662.7035
Type of Program: Group counseling
Program Duration: Eight weekly sessions, one hour each
Additional Info: Students at schools in Benson County should contact Linda Warner, R.N., for information regarding this program in their respective schools.

Billings

Program Name: Southwest District Health Individual Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Eight weeks
Additional Info:

Bottineau

Program Name: You Can Quit™ – American Cancer Society
Location: Bottineau
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Five weeks
Additional Info: Scheduled as needed

Bottineau (continued)

Program Name: You Can Quit™ – American Cancer Society
Location: Trinity Hospital – St. Joseph's (Sponsored by First District Health Unit)
Address: 407 3rd St. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, April and September, as needed

Bowman

Program Name: Freedom From Smoking® – American Lung Association
Location: West River Health Center
Address: 1000 Hwy. 12
Hettinger, N.D. 58639
Contact: Dave Muggerud
Phone: 701.567.4561
Type of Program: Group or individual counseling and support group
Program Duration: Eight weeks for group counseling
Additional Info: Third Monday of each month for support group

Program Name: Southwest District Health Individual Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Eight weeks
Additional Info:

Burke

Program Name: Freedom From Smoking® – American Lung Association
Location: Trinity Hospital – St. Joseph's (Sponsored by First District Health Unit)
Address: 407 3rd St. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, April and September, as needed

Burleigh

Program Name: Freedom From Smoking® – American Lung Association
Location: Various locations
Address: Please call for address
Contact: Pat McGeary, Bismarck Burleigh Public Health or Deb Runge, St. Alexius Medical Center
Phone: 701.222.7516 (Pat) or 701.530.7700 (St. Alexius)
Type of Program: Group counseling
Program Duration: Six weeks
Additional Info: The Former Smokers Support Group meets the last Tuesday of each month from 6:30 p.m. to 7:30 p.m.
Upcoming Classes: August 2 through September 6, 2006

Program Name: St. Alexius Medical Center – Freedom From Smoking® – American Lung Association
Location: St. Alexius Medical Center
Address: 900 East Broadway
Bismarck, N.D. 58501
Contact: Lori Jorgenson or Deb Runge
Phone: 701.530.7700
Type of Program: Group counseling
Program Duration: Five weeks
Additional Info:
Upcoming Classes: May 30 through July 6, 2006

Program Name: Tobacco Awareness Program (TAP) – teen cessation
Location: South Central High School
Address: Bismarck, N.D. 58501
Contact: Sue Kahler or Jeanne Karhoff
Phone: 701.222.7516 (Sue) or 701.221.3790 (Jeanne)
Type of Program: Group counseling
Program Duration: Six to seven weekly sessions
Additional Info:

Program Name: Freedom From Smoking® – American Lung Association – teen cessation program
Location: Century High School
Address: Bismarck, N.D. 58501
Contact: Sue Kahler or Dan Trottier
Phone: 701.222.7516 (Sue) or 701.221.3435 (Dan)
Type of Program: Group counseling
Program Duration: Six to seven weekly sessions
Additional Info:

Cass

Program Name: Break Away from Nicotine (BAN)
Location: Fargo Cass Public Health
Address: 401 Third Ave. N.
Fargo, N.D. 58102-4839
Contact: Cheryl Stetz
Phone: 701.241.1367 or 701.241.1383
Type of Program: Individual, one-on-one counseling
Program Duration: Five sessions, average about four to six weeks
Additional Info:

Program Name: MeritCare Tobacco Dependence Department
Location: MeritCare Health System/Pulmonary Lab
Address: 737 Broadway
Fargo, N.D. 58122
Contact: Jay Taylor (701.234.6460) or Vickie Haberman (701.234.6452)
Phone: 701.234.2524 (for an appointment)
Type of Program: Individual counseling, one-hour sessions
Program Duration:
Additional Info: Requires an order from a MeritCare Physician

Program Name: NDSU Tobacco Cessation Program
Location: NDSU Wellness Center
Address: 18th St. & Centennial Boulevard
Fargo, N.D. 58105-5313
Contact: Lida Deutsch, RN
Phone: 701.231.7331
Type of Program: Individual counseling
Program Duration: Eight weeks
Additional Info: Program open to NDSU students, staff and faculty

Cavalier

Program Name: Freedom From Smoking ® – American Lung Association
Location: Cavalier County Memorial Hospital
Address: 909 Second St.
Langdon, N.D. 58249
Contact: Peggy Dunnigan
Phone: 701.256.6179
Type of Program:
Program Duration:
Additional Info:

Dickey

Program Name: Freedom From Smoking® – American Lung Association
Location: Various locations
Address: Please call the number below for details
Contact: Sharon Vanorny
Phone: 701.349.4348
Type of Program: Individual or group counseling
Program Duration: Eight weeks
Additional Info:
Upcoming Classes:

Divide

Program Name: Freedom From Smoking® – American Lung Association
Location: Upper Missouri District Health Unit
Address: 110 West Broadway
Williston, N.D. 58801
Contact: Upper Missouri District Health Unit
Phone: 701.774.6400
Type of Program: Group program
Program Duration: Eight weeks
Additional Info: Cost - \$60 (includes workbook, relaxation/exercise CD, incentives and other materials)

Dunn

Program Name: Southwest District Health Individual Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Eight weeks
Additional Info:

Eddy

Program Name: You Can Quit™ – American Cancer Society; Freedom From Smoking® – American Lung Association
Location: Mercy Hospital Family Conference Room
Address: 1031 Seventh St.
Devils Lake, N.D. 58301
Contact: C.A.R.E. Medical
Phone: 701.662.5056 or 800.522.5056
Type of Program: Group counseling
Program Duration: You Can Quit™ – American Cancer Society – four weeks
Freedom From Smoking® – American Lung Association – eight weeks
Additional Info: These classes are made available as needed.

Eddy (continued)

Program Name: Tobacco Awareness Program (TAP) – teen cessation
Location: New Rockford Public School
Address: New Rockford, N.D. 58356
Contact: Cherry Heinz
Phone: 701.947.5036
Type of Program: Group counseling
Program Duration: Eight weekly sessions, one hour each
Additional Info: This program also will be offered at Sheyenne Public School. Contact Mrs. Heinz for information regarding both schools.

Emmons

Program Name: Freedom From Smoking® – American Lung Association
Location: Emmons County Public Health
Address: 118 E. Spruce Ave.
Linton, N.D. 58552
Contact: Vanessa Graham
Phone: 701.254.4082
Type of Program: Group and individual counseling
Program Duration: Group counseling is eight weeks; individual counseling varies for each individual
Additional Info: Location, dates and times will change periodically. Call Emmons County Public Health for location information and next available class time.

Golden Valley

Program Name: Southwest District Health Individual Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Eight weeks
Additional Info:

Grand Forks

Program Name: Freedom From Smoking® – American Lung Association
Location: Grand Forks Public Health
Address: 151 South Fourth St., Suite N301
Grand Forks, N.D. 58201
Contact: Theresa Knox
Phone: 701.787.8140
Type of Program: Group classes/counseling
Program Duration: Eight sessions over seven weeks
Additional Info:

Hettinger

Program Name: Freedom From Smoking® – American Lung Association
Location: West River Health Center
Address: 1000 Hwy. 12
Hettinger, N.D. 58639
Contact: Dave Muggerud
Phone: 701.567.4561
Type of Program: Group or individual counseling and support group
Program Duration: Eight weeks for group counseling
Additional Info: Third Monday of each month for support group

Program Name: Southwest District Health Individual Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Eight weeks
Additional Info:

Kidder

Program Name: Freedom From Smoking® – American Lung Association
Location: Kidder County Health Unit
Address: 422 Second Ave. NW
Steele, N.D. 58482
Contact: Antoinette Heier
Phone: 701.475.2582
Type of Program: Individual and group counseling
Program Duration: Eight weeks
Additional Info: This cessation counseling is free.

LaMoure

Program Name: Freedom From Smoking® – American Lung Association
Location: Rotation of sites within LaMoure County
Address: LaMoure County Health Department – sponsor
Contact: Lesile J. Hanson, RN, DON
Phone: 701.883.5356
Type of Program: Group counseling and support
Program Duration: Eight sessions over seven weeks
Additional Info: Program is adjusted to meet the needs of the participant and introducing TEG/TAP into schools with “NOT on Tobacco” for youth.

Logan

Program Name: Jamestown Hospital Tobacco Cessation Program
Location: Jamestown Hospital
Address: 419 5th St. NE
Jamestown, N.D. 58401
Contact: Marla Walter
Phone: 701.253.4766
Type of Program: Group program
Program Duration: Seven weeks
Additional Info:
Upcoming Classes:

McHenry

Program Name: Freedom From Smoking® – American Lung Association
Location: Trinity Hospital – St. Joseph's (Sponsored by First District Health Unit)
Address: 407 3rd St. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, April and September, as needed

McIntosh

Program Name: Freedom From Smoking® – American Lung Association
Location: To be determined.
Address: McIntosh District Health Unit
PO Box 25
Ashley, N.D. 58413
Contact: Nina Klein
Phone: 701.288.3957
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info:

McKenzie

Program Name: Freedom From Smoking® – American Lung Association
Location: Upper Missouri District Health Unit
Address: 110 West Broadway
Williston, N.D. 58801
Contact: Upper Missouri District Health Unit
Phone: 701.774.6400
Type of Program: Group program
Program Duration: Eight weeks
Additional Info: Cost - \$60 (includes workbook, relaxation/exercise CD, incentives and other materials)

McLean

Program Name: You Can Quit™ – American Cancer Society
Location: To be determined
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Five weeks
Additional Info: Scheduled as needed

Program Name: Freedom From Smoking® – American Lung Association
Location: Trinity Hospital – St. Joseph's (Sponsored by First District Health Unit)
Address: 407 3rd St. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, April and September, as needed

Mercer

Program Name: Freedom From Smoking® – American Lung Association
Location: Sakakawea Medical Center (Conference Room)
Address: 510 Eighth Ave. N.E.
Hazen, N.D. 58545
Contact: Robyn Wieland or Mary Hillerud
Phone: 701.748.2225 or 701.748.3655
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: The Freedom From Smoking manual is used, along with supplemental materials and videos to enhance the curriculum.

Upcoming Classes:

Morton

Program Name: Freedom From Smoking® – American Lung Association
Location: Morton County Courthouse
Address: 210 Second Ave. N.W.
Mandan, N.D. 58554
Contact: Brady Weaver
Phone: 701.667.3370
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info:

Mountrail

Program Name: Freedom From Smoking® – American Lung Association
Location: Upper Missouri District Health Unit
Address: 110 West Broadway
Williston, N.D. 58801
Contact: Upper Missouri District Health Unit
Phone: 701.774.6400
Type of Program: Group program
Program Duration: Eight weeks
Additional Info: Cost - \$60 (includes workbook, relaxation/exercise CD, incentives and other materials)

Oliver

Program Name: Freedom From Smoking ® – American Lung Association
Location: Sakakawea Medical Center (Conference Room)
Address: 510 Eighth Ave. N.E.
Hazen, N.D. 58545
Contact: Robyn Wieland or Mary Hillerud
Phone: 701.748.2225 or 701.748.3655
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: The Freedom From Smoking manual is used, along with supplemental materials and videos to enhance the curriculum.
Upcoming Classes:

Pembina

Program Name: You Can Quit™ – American Cancer Society
Location: Pembina County Tobacco Program, Pembina County Courthouse
Address: 301 Dakota St. W. #2
Cavalier, N.D. 58220
Contact: Tina Arens-Lorenzen
Phone: 701.265.5134
Type of Program: Group/individual counseling
Program Duration: Five weeks
Additional Info:

Pierce

Program Name: You Can Quit™ – American Cancer Society; Freedom From Smoking® – American Lung Association
Location: Heart of America Medical Center
Address: 800 S. Main
Rugby, N.D. 58368
Contact: Allan Meckle, R.T.
Phone: 701.776.5455 ext 475
Type of Program: Group counseling
Program Duration: You Can Quit™ – American Cancer Society – four weeks
Freedom From Smoking® – American Lung Association – eight weeks
Additional Info: These classes are made available as needed.

Program Name: Tobacco Awareness Program (TAP) – Teen cessation
Location: Rugby Public School
Address: Rugby, N.D. 58368
Contact: Kathie Rocheleau
Phone: 701.776.5757
Type of Program: Group counseling
Program Duration: Eight weekly sessions, one hour each
Additional Info: Contact Mrs. Rocheleau for further information.

Ramsey

Program Name: You Can Quit™ – American Cancer Society; Freedom From Smoking® – American Lung Association
Location: Mercy Hospital Family Conference Room
Address: 1031 Seventh St.
Devils Lake, N.D. 58301
Contact: C.A.R.E. Medical
Phone: 701.662.5056 or 800.522.5056
Type of Program: Group counseling
Program Duration: You Can Quit™ – American Cancer Society – four weeks
Freedom From Smoking – American Lung Association – eight weeks
Additional Info: These classes are made available as needed.

Program Name: Tobacco Awareness Program (TAP) – teen cessation
Location: Devils Lake High School
Address: Devils Lake, N.D. 58301
Contact: Bette Deede or Linda Warner, R.N.
Phone: 701.662.7035
Type of Program: Group counseling
Program Duration: Eight weekly sessions, one hour each
Additional Info:

Ransom

Program Name: Ransom County Tobacco Cessation Class – Freedom From Smoking® – American Lung Association
Location: Ransom County Public Health Department
Address: 403 Elm Street
Lisbon, N.D. 58054
Contact: Ron Braaten
Phone: 701.683.5823, ext. 140
Type of Program: Group counseling
Program Duration: Seven weeks
Additional Info:
Upcoming Classes: The next class runs June 6, 13, 20, 22, 29, July 6 and 13.

Renville

Program Name: Freedom From Smoking® – American Lung Association
Location: Trinity Hospital – St. Joseph's (Sponsored by First District Health Unit)
Address: 407 3rd St. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, April and September, as needed

Richland

Program Name: Freedom From Smoking® – American Lung Association
Location: Richland County Health Department
Address: 413 3rd Ave. North
Wahpeton, N.D. 58075
Contact: Colleen Larson, R.N.
Phone: 701.642.7744
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Fifty percent of Zyban and 50 percent of NRTs covered for the duration of the program.
May be held in other areas throughout the county depending on greatest response.
Upcoming Classes:

Program Name: Tobacco Awareness Program (TAP)
Location: Wahpeton Middle and/or High School
Address: Wahpeton, N.D. 58075
Contact: Colleen Larson, R.N., or Bobbi Jo Jelinek
Phone: 701.642.7744 (Colleen) or 701.642.2604 (Bobbi Jo)
Type of Program: Group counseling
Program Duration: Eight sessions/four weeks
Additional Info: There is no cost for this program.

Rolette

Program Name: Freedom From Smoking® – American Lung Association
Location: Rolette County Public Health
Address: 211 1st Ave. NE
Rolla, N.D. 58367
Contact: Margaret Leas, R.N. or Barbara Frydenlund, R.N.
Phone: 701.477.5646
Type of Program: Group classes/counseling
Program Duration: Eight weeks
Additional Info:

Sargent

Program Name: Tobacco Cessation Classes
Freedom From Smoking® – American Lung Association
Location: Sargent County District Health Unit
Address: 316 Main St.
Forman, N.D. 58032
Contact: Lorraine Jacobson
Phone: 701.724.3725
Type of Program: Group counseling
Program Duration: Eight weekly sessions, one hour each
Additional Info: Flexible scheduling. Call for details. Classes for smokers and chewers.

Program Name: Tobacco Education Group (TEG) and Teen Awareness Program (TAP)
Location: Sargent County District Health Unit
Address: 316 Main St.
Forman, N.D. 58032
Contact: Lorraine Jacobson
Phone: 701.724.3725
Type of Program: TEG – violation class / TAP – Teen cessation class
Program Duration: Eight one-hour sessions, scheduled as requested
Additional Info: Flexible scheduling. Cessation classes available upon request. Call for details.

Sheridan

Program Name: Freedom From Smoking® – American Lung Association
Location: Trinity Hospital – St. Joseph's (Sponsored by First District Health Unit)
Address: 407 3rd St. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, April and September, as needed

Slope

Program Name: Southwest District Health Individual Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Eight weeks
Additional Info:

Program Name: Freedom From Smoking® – American Lung Association
Location: West River Health Center
Address: 1000 Hwy. 12
Hettinger, N.D. 58639
Contact: Dave Muggerud
Phone: 701.567.4561
Type of Program: Group or individual counseling and support group
Program Duration: Eight weeks for group counseling
Additional Info: Third Monday of each month for support group

Stark

Program Name: Freedom From Smoking® – American Lung Association
Location: West River Health Center
Address: 1000 Hwy. 12
Hettinger, N.D. 58639
Contact: Dave Muggerud
Phone: 701.567.4561
Type of Program: Group or individual counseling and support group
Program Duration: Eight weeks for group counseling
Additional Info: Third Monday of each month for support group

Program Name: Southwest District Health Individual Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Eight weeks
Additional Info:

Stutsman

Program Name: Jamestown Hospital Tobacco Cessation Program
Location: Jamestown Hospital
Address: 419 5th St. NE
Jamestown, N.D. 58401
Contact: Marla Walter
Phone: 701.253.4766
Type of Program: Group program
Program Duration: Seven weeks
Additional Info:
Upcoming Classes:

Trails

Program Name: Freedom From Smoking® – American Lung Association
Not On Tobacco (N-O-T)
Location: Trails District Health Unit, Tobacco Prevention Office
Address: Mayville State University, Room 105, Berg Hall
Mayville, N.D. 58257
Contact: Marilyn Simmons
Phone: 701.788.4626
Type of Program: Group counseling and support group
Program Duration: Eight weeks
Additional Info:

Ward

Program Name: Freedom From Smoking® – American Lung Association
Location: Trinity Hospital – St. Joseph's (Sponsored by First District Health Unit)
Address: 407 3rd St. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, April and September, as needed

Wells

Program Name: Freedom From Smoking® – American Lung Association
Location:
Address: Harvey, N.D. 58341
Contact: Beckee Keller
Phone: 701.547.3756 or 701.324.2061
Type of Program: Individual counseling
Program Duration: Eight weeks
Additional Info: There is no cost for this course.

Program Name: Not On Tobacco (N-O-T) – for youth
Location: Harvey Public School
Address: 200 North St.
Harvey, N.D. 58341
Contact: Beckee Keller or Kathy Muscha
Phone: 701.547.3756 or 701.324.2061
Type of Program: Individual counseling
Program Duration: Eight weeks
Additional Info:

Williams

Program Name: Freedom From Smoking® – American Lung Association
Location: Upper Missouri District Health Unit
Address: 110 West Broadway
Williston, N.D. 58801
Contact: Upper Missouri District Health Unit
Phone: 701.774.6400
Type of Program: Group program
Program Duration: Eight weeks
Additional Info: Cost - \$60 (includes workbook, relaxation/exercise CD, incentives and other materials)

Program Name: Freedom From Smoking® – American Lung Association
Location: Trenton Community Clinic
Address: P.O. Box 210
Trenton, N.D. 58853
Contact: Jean Natwick
Phone: 701.744.0461
Type of Program: Individual or group counseling
Program Duration: Six weeks
Additional Info: